

|| shree vishNu sahasranaama stotram ||

atha dhyaanam

shuklaambara dharam vishNum shashi varNam chatur  
bhujam |  
prasanna vadanam dhyayet sarva vighnopa shaantaye ||

yasya dviradavakraadyaa: paarishadyaa: para: shatam |  
vighnam nighnanti satatam vishvakasenam tamaashraye ||

vyaasam vasishThanaptaaram shakte:  
poutramakalmasham |  
paraasharaatmajam vande shukataatam taponidhim ||

vyaasaaya vishNu roopaaya vyaasa roopaaya vishNave |  
namo vai brahmanidhaye vaasishThaaya namo nama: ||

avikaaraaya shuddhaaya nityaaya paramaatmane |  
sadaika roopa roopaaya vishNave sarvajishNave ||

yasya smaraNa maatreNa janma samsaara bandhanaat |  
vimuchyate namastasmai vishNave prabhavishNave ||

om namo vishNave prabhavishNave

shree vaishampaayana uvaacha

shrutvaa dharmaan ashesheNa paavanaani cha sarvasha: |  
yudhishThira: shaantanavam punareva abhyabhaashata: ||

yudhishThira uvaacha

kimekam daivatam loke kim vaapyekam paraayaNam |  
stuvanta: kam kam archanta: praapnuyur maanavaa:  
shubham ||

ko dharma: sarva dharmaaNaam bhavata: paramo mata: |  
kim japan muchyate jantur janma samsaara bandhanaat ||

shree bheeshma uvaacha

jagat prabhum deva devam anantam purushottamam |  
stuvan naama sahasreNa purusha: satatotthita: ||

tameva chaarchayan nityam bhaktyaa purusham avyayam |  
dhyaayan stuvanna namasyamshcha yajamaanas  
tameva cha ||

anaadinidhanam vishNum sarvaloka maheshvaram |  
lokaadhyaksham stuvannityam sarva du:khaatigobhavet ||

brahmaNyam sarva dharmagyam lokaanaam keerti  
vardhanam |  
loka naatham mahad bhootam sarva bhoota bhavod  
bhavam ||

esha me sarva dharmaaNaam dharmo adhikatamo mata: |  
yad bhaktyaa punDareekaaksham stavairarche nara sadaa ||

paramam yo maha:teja: paramam yo maha:tapa: |  
paramam yo mahad bramha paramam ya: paraayaNam ||

pavitraaNaam pavitram yo mangalaanaam cha mangalam |  
daivatam devataanaam cha bhootaanaam yo~vyaya: pitaa ||

yata: sarvaaNi bhootaani bhavantyaadi yugaagame |  
yasmimshcha pralayam yaanti punareva yugakshaye ||

tasya loka pradhaanasya jagannaathasya bhoopate |  
vishNornaama sahasram me shruNu paapabhayaapaham ||

yaani naamaani gouNaani vikhyaataani mahaatmana: |  
rushibhi: parigeetaani taani vakshyaami bhootaye ||

rushirnaamnaama sahasrasya vedavyaaso mahaa muni: |  
cChando~nushTupa tathaa devo bhagavaan devakeesuta: ||

amrutaamshoodbhavo beejam shaktirdevaki nandana: |  
trisaamaa hrudayam tasya shaantyardhe viniyujaate ||

vishNum jishNum mahaavishNum prabhavishNum  
maheshvaram |  
anekaroopa daityaantam namaami purushottamam ||

asya shree vishNordivya sahasranaama stotra  
mahaamantrasya

shree vedavyaaso bhagavaana rushi:  
anushTup cChanda:  
shree mahaa vishNu: paramaatmaa  
shreemannaaraayaNo devataa  
amrutaamshoodbhavo bhaanuriti beejam  
devakee nandana: srashTeti shakti:  
udbhava: kshobhaNo deva iti paramo mantra:  
shankha bhrunnandakee chakreeti keelakam  
shaangardhanvaa gadaadhara ityastram  
rathaangapaaNi rakshobhya iti netram  
trisaamaa saamaga: saameti kavacham  
aanandam parabramheti yoni:

ritu: sudarshana: kaala iti digbandha:

shree vishvaroopā iti dhyaanam

shree mahaavishNu preetyarthe sahasranaama jape  
viniyoga:

### **dhyaanam**

ksheerodanvat pradeshe shuchimaNi vilasat saikyater  
mauktikaanaam  
maalaalkluptaasanastha: sphaTikamaNi nibhair mauktikair  
manDitaanga: |

shubhrair abhrair adabhrair upari virachitair mukta  
peeyoosha varshai:  
aanandee na: puniyaadari nalina gadaa shankha paaNir  
mukunda: ||

bhoo: paadau yasya naabhir viyada sura nilashchandra  
sooryou cha netre |  
karNaa vaashaa: shiro dyour mukham api dahano yasya  
vaasteyamabdhi: |

anta:stham yasya vishwam sura nara khaga gobhogi  
gandharva daitye: |  
chitram ram ramyate tama tribhuvana vapusham  
vishNumeesham namaami ||

om namo bhagavate vaasudevaaya

shaantaakaaram bhujagashayanam padmanaabham  
suresham |  
vishvaadhaaram gagana sadrusham meghavarNam  
shubhaangam ||

lakshmee kaantam kamala nayanam yogi hrudyaana  
gamyam |  
vande vishNum bhava bhaya haram sarva lokaika  
naatham ||

megha shyaamam peeta kausheya vaasam shree  
vatsaankam kaustubhod bhaasitaangam |  
puNyopetam punDareekaayataaksham vishNum vande  
sarva lokaika naatham ||

nama: samasta bhootaanaam aadi bhootaaya bhoobhrute |  
aneka roopa roopaaya vishNave prabha vishNave ||

sa shankha chakram sakireeTa kunDalam sapeeta vastram  
saraseeruekshaNam |  
sahaara vakshasthala shobhi kaustubham namaami  
vishNum shirasaa chaturbhujam||

cChaayaayaam paarijaatasya hema simhaasanopari  
aaseenam ambuda: shyaamam aayataaksham alankrutam

chandraananam chaturbaahum shreevatsaankita  
vakshasam  
rukmiNee satyabhaamaabhyaam sahitam  
krishNamaashraye

om

vishvam vishNur vashaTkaaro bhoota bhavya  
bhavatprabhu: |  
bhoota krudbhoota bhrudbhaavo bhootaatmaa bhoota  
bhaavana:|| 1

pootaatmaa paramaatmaa cha muktaanaam paramaa gati: |  
avyaya: purusha: saakshee kshetragnyokshara eva cha || 2

yogo yogavidaam netaa pradhaana purusheshvara: |  
naarasimhavapu: shreemaan keshava: purushottama: || 3

sarva: sharva: shiva: sthaaNur bhootaadir nidhir avyaya: |  
sambhavo bhaavano bhartaa prabhava: prabhureeshvara:  
|| 4

swayambhoo: shambhur aaditya: pushkaraaksho  
mahaasvana: |  
anaadi nidhano dhaataa vidhaataa dhaaturuttama: || 5

aprameyo hrusheeksha: padmanaabho amaraprabhu: |  
vishvakarmaa manustvashTaa sthavishTha: sthaviro  
dhruva: || 6

agraahya: shaashvata: krushNo lohitaaksha: pratardana: |  
prabhoota strikakubdhaama pavitram mangalam param || 7

eeshaana: praaNada: praaNo jyeshTha: shreshTha:  
prajaapati: |  
hiraNya garbho bhoo garbho maadhavo madhusoodana:|| 8

eeshvaro vikramee dhanvee medhaavee vikrama: krama: |  
anuttamo duraadharsha: krutagya: krutiraatmavaan || 9

suresha: sharaNam sharma vishvaretaa: prajaabhava: |  
aha: samvatsaro vyaala: pratyaya: sarvadarshana: || 10

aja: sarveshvara: siddha: siddhi: sarvaadirachyuta: |  
vrushaakapirameyaatmaa sarvayogavini:sruta: || 11

vasurvasumanaa: satya: samaatmaa~sammita: sama: |  
amogha: punDareekaaksho vrushakarmaa vrushaakruti:  
|| 12

rudro bahushiraa babhrur vishvayoni: shuchishravaa: |  
amruta: shaashvata: sthaaNur varaaro ho mahaatapaa: || 13

sarvaga: sarvavidbhaanu: vishvakseno janaardana: |  
vedo vedavidavyango vedaango vedavit kavi: || 14

lokaadhyaksha: suraadhyaksho dharmaadhyaksha:  
krutaakruta: |  
chaturaatmaa haturvyoohash chaturdamshTrash  
chaturbhujā: || 15

bhraajishNu rbhojanam bhoktaa sahishNur jagadaadija: |  
anagho vijayo jetaa vishvayoni: punarvasu: || 16

upendro vaamana: praamshur amogha: shuchiroorjita: |  
ateendra: sangraha: sargo dhrutaatmaa niyamo yama: || 17

vedyo vaidya: sadaa yogee veerahaa maadhavo madhu: |  
ateendriyo mahaamaayo mahotsaaho mahaabala: || 18

mahaabuddhir mahaaveeryo mahaa shaktir mahaadyuti: |  
anirdeshyavapu: shreemaan ameyaatamaa mahaadridhruk  
|| 19

maheshvaaso maheebhartaa shreenivaasa: sataam gati: |  
aniruddha: suraanando govindo govidaam pati: || 20

mareechir damano hamsa: superNo bhujagottama: |  
hiraNyanaabha: sutapaa: padmanaabha: prajaapati: || 21

amrityu: sarvadrak simha: sandhaataa sandhimaan sthira: |  
ajo durmarshaNā: shaastaa vishrutaatmaa suraarihaa || 22

gurur gurutamo dhaama satya: satya paraakrama: |  
nimisho~nimisha: sragvee vaachaspati rudaaradhee: || 23

agraNeer graamaNee: shreemaan nyaayo netaa  
sameeraNā: |  
sahasra moordhaa vishvaatmaa sahasraaksha: sahasrapaat  
|| 24

aavartano nivruttaatmaa samvruta: sampramardana: |  
aha: samvartako vahnir anilo dharaNeedhara: || 25

suprasaada: prasannaatmaa vishva dhrugvishva  
bhugvibhu: |  
satkartaa satkruta: saadhur jahnur naaraayaNo nara: || 26

asankhyeyo~prameyaatmaa vishishTa shishTa kruchChuchi:  
siddhaartha: siddha sankalpa: siddhida: siddhi saadhana:  
|| 27

vrushaahee vrushabho vishNur vrushaparvaa vrushodara: |  
vardhano vardhamaanashcha vivikta: shruti saagara: || 28

subhujo durdharo vaagmee mahendro vasudho vasu: |  
naikaroopo bruhadroopa: shipivishTa: prakaashana: || 29

ojastejo dyutidhara: prakaashaatmaa prataapana: |  
ruddha: spashTaaksharo mantrash chandraamshur  
bhaaskaradyuti: || 30

amrutaamshoodbhavo bhaanu: shashabindu: sureshvara: |  
oushadham jagata: setu: satyadharma paraakrama: || 31



bhootabhavya bhavannaatha: pavana: paavano~nala: |  
kaamahaa kaama krutkaanta: kaama: kaamaprada: prabhu:  
|| 32

yugaadi krud yugaavarto naikamaayo mahaashana: |  
adrushyo vyakta roopashcha sahasra jidanantajit || 33

ishTo~vishishTa shishTeshTa: shikhaNDee nahusho  
vrusha: |  
krodhahaa krodhakrut kartaa vishva baahur maheedhara:  
|| 34

achyuta: prathita: praaNa: praaNado vaasavaanuja: |  
apaam nidhiradhishThaanam apramatta: pratishThita: || 35

skanda: skandadharo dhuryo varado vaayu vaahana: |  
vaasudevo bruhadbhaanu: aadideva: purandara: || 36

ashoka: staaraNa: staara: shoora: shourirjaneshvara: |  
anukoola: shataavarta: padmee padma nibhekshaNa: || 37

padmanaabho~ravindaaksha: padmagarbha shareerabhrut |  
maharddhir ruddho vruddhaatmaa mahaaksho  
garuDadhvaja: || 38

atula: sharabho bheema: samayagyo havirhari: |  
sarva lakshaNa lakshaNyo lakshmeevaan samitinjaya: || 39

viksharo rohito maargo hetur daamodara saha: |  
maheedharo mahaa bhaago vegavaanamitaashana: || 40

udbhava: kshobhaNo deva: shreegarbha: parameshvara: |  
karaNam kaaraNam kartaa vikartaa gahano guha: || 41

vyavasaayo vyavasthaana: samsthaana: sthaanado  
dhruva: |  
pararddhi: parama spashTa stushTa: pushTa:  
shubhekshaNa: || 42

raamo viraamo virajo maargo neyo nayo~naya: |  
veera: shaktimataam shreshTho dharmo dharma viduttama:  
|| 43

vaikunTha: purusha: praaNa: praaNada: praNava: pruthu: |  
hiraNyagarbha shatrughno vyaapto vaayuradhokshaja: || 44

rutu: sudarshana: kaala: parameshThee parigraha: |  
ugra: samvatsaro daksho vishraamo vishvadakshiNa: || 45

vistaara: sthaavarasthaaNu: pramaaNam beejam avyayam |  
artho~nartho mahaakosho mahaabhogo mahaadhana: || 46

anirviNNa: sthavishTo bhoo: dharmayoopo mahaamakha: |  
nakshatra nemir nakshatree kshama: kshaama: sameehana:  
|| 47

yagnya ijyo mahejyashcha kratu: satram sataam gati: |  
sarvadarsee vimuktaatmaa sarvagyo gyaanamuttamam  
|| 48

suvrata: sumukha: sookshma: sughosha: sukhada: suhrut |  
manoharo jitakrodho veera baahur vidaaraNa: || 49

swaapana: svavasho vyaapee naikaatmaa naika karmakrut |  
vatsaro vatsalo vatsee ratna garbho dhaneshvara: || 50

dharma gubdharma kruddharmee sada satksharam  
aksharam |  
avigyaataa sahasraamshur vidhaataa kruta lakshaNa: || 51

gabhastinemi: sattvastha: simho bhoota maheshvara: |  
aadidevo mahaadevo devesho devabhrudguru: || 52

uttaro gopatir goptaa gyaanagamyā: puraātana: |  
shareera bhoota bhrud bhoktaa kapeendro bhooridakshiNa:  
|| 53

somapo~mrutapa: soma: purujit purusattama: |  
vinayo jaya: satyasandho daashaarha: saatvataampati: || 54

jeevo vinayitaa saakshee mukundo~mita vikrama: |  
ambho nidhiranantaatmaa mahodadhishayo~ntaka: || 55

aJo mahaarha: svaabhaavyo jitaamitra: pramodana: |  
aanando nandano nanda: satyadharmaa trivikrama: || 56

maharshi: kapilaachaarya: krutagyo medineepati: |  
tripadastridashaadhyaksho mahaashrunga: krutaantakrut  
|| 57

mahaa varaaho govinda: susheNa: kanakaangadee |  
guhyo gabheero gahano guptash chakra gadaadhara: || 58

vedhaa: svaango~jita: krushNo druDha samkarshaNochyuta:  
|  
varuNo vaaruNo vruksha: pushkaraaksho mahaamanaa:  
|| 59

bhagavaan bhagahaa~~nandee vanamaalee halaayudha: |  
aadityo jyotiraaditya: sahishNur gatisattama: || 60

sudhanvaa khaNDa parashur daaruNo draviNaprada: |  
diva:spruk sarva drugvyaaso vaachaspatir ayonija: || 61

trisaamaa saamaga: saama: nirvaaNam bheshajam  
bhishak |  
sanyaasakrucChama: shaanto nishThaa shaanti:  
paraayaNam || 62

shubhaanga: shaantida: srshTaa kumuda: kuvaleshaya: |  
gohito gopatirgoptaa vrushabhaaksho vrushapriya: || 63

anivartee nivruttaatmaa samksheptaa kshemakrucChiva: |  
shreevatsavakshaa: shreevaasa: shreepati: shreemataam  
vara: || 64

shreeda: shreesha: shreenivaasa: shreenidhi:  
shreevibhaavana: |  
shreedhara: shreekara: shreya: shreemaan loka  
trayaashraya: || 65

svaksha: svanga: shataanando nandir jyotir gaNeshvara: |  
vijitaatmaa vidheyaatmaa satkeertish cChinna samshaya:  
|| 66

udeerNa sarvatash chakshu: aneesha: shaashvata sthira: |  
bhooshayo bhooshaNo bhootir vishoka: shoka naashana:  
|| 67

archishmaan archita: kumbho vishuddhaatmaa vishodhana: |  
aniruddho~pratiratha: pradyumno amita vikrama: || 68

kaalaneminihaa veera: shouri: shoora janeshvara: |  
trilokaatmaa trilokesha: keshava: keshihaa hari: || 69

kaamadeva: kaamapaala: kaamee kaanta: krutaagama: |  
anirdeshyavapu: vishNu: veero~nanto dhananjaya: || 70

brahmaNyo brahmakrud brahmaa brahma brahma  
vivardhana: |  
brahmavid braahmaNo brahmee brahmagnyo braahmaNa  
priya: || 71

mahaa kramo mahaa karmaa mahaa tejaa mahoraga: |  
mahaa kratur mahaa yajvaa mahaa yagyo mahaahavi: || 72

stavya: stavapriya: stotram stuti: stotaa raNapriya: |  
poorNa: poorayitaa puNya: puNya keertiranaamaya: || 73

manojavasteerthakaro vasuretaa vasuprada: |  
vasuprado vaasudevo vasurvasumanaa havi: || 74

sadgati: satkruti: sattaa sadbhooti satparaayaNa: |  
shooraseno yadushreshTha: sannivaasa: suyaamuna: || 75

bhootaavaaso vaasudeva: sarvaasunilayo~nala: |  
darpahaa: darpado drupto durdharo~thaaparaajita: || 76

vishvamoortir mahaamoorti: deepta moortir amoortimaan |  
aneka moortir avyakta: shatamoorti: shataanana: || 77

eko naika: sava: ka: kim yattat padamanuttamam |  
loka bandhur loka naatho maadhavo bhakta vatsala: || 78

suvarNa varNo hemaango varaangash chandanaangadee |  
veerahaa vishama: shoonyo ghritaasheerachalashchala:  
|| 79

amaanee maanado maanyo loka swaamee trilokadhruk |  
sumedhaa medhajo dhanya satyamedhaa dharaadhara:  
|| 80

tejovrusho dyutidhara: sarva shastrabhrutaam vara: |  
pragraho nigrabo vyagro naikashruno gadaagraja: || 81

chatur moortish chatu rbaahush chatu rvyoohash  
chaturgati: |  
chatur aatmaa chatur bhaavash chatur veda videkapaat || 82

samaavarto nivruttaatmaa durjaya duratikrama: |  
durlabho durgamo durgo duraavaaso duraarihaa || 83

shubhaango loka saaranga: sutantu stantuvardhana: |  
indra karmaa mahaa karmaa kruta karmaa krutaagama: || 84

udbhava: sundara: sundo ratnanaabha: sulochana: |  
arko vaajasana: shrungee jayanta: sarvavijayee || 85

suvarNa bindu rakshobhya: sarva vaageesh vareshvara: |  
mahaahrado mahaagarto mahaabhooto mahaanidhi: || 86

kumuda: kundara: kunda: parjanya: paavano~nila: |  
amrutaamsho~mrutavapu: sarvagya: sarvatomukha: || 87

sulabha: suvrata: siddha: shatru jicChatru taapana: |  
nyagrodho~dumbaro~shvattha: chaaNooraandhra  
nishoodana: || 88

sahasraarchi saptajihva: saptaidhaa: saptavaahana: |  
amoortir anagho chintyo bhaya krud bhaya naashana: || 89

aNurbruhatkrusha: sthoolo guNa bhruNNir guNomahaan |  
adhruta: svadhruta: svaasya: praagvamsho  
vamshavardhana: || 90

bhaarabhurut kathito yogee yogeesha: sarva kaamada: |  
aashrama: shramaNa: kshaama: suparNo vaayuvaahana: || 91

dhanurdharo dhanurvedo daNDo damayitaa dama: |  
aparaajita: sarvasaho niyantaa~niyamo~yama: || 92

satvavaan saatvika: satya: satyadharma paraayaNa: |  
abhipraaya: priyaarhorha: priyakrut preeti vardhana: || 93

vihaayasagatirjyoti: suruchir huta bhugvibhu: |  
ravir virochana: soorya: savitaa ravi lochana: || 94

ananto huta bhug bhoktaa sukhado naikajo~graja: |  
anirviNNa: sadaamarshee lokaadhishThaanam adbhuta: || 95

sanaat sanaatanatama: kapila: kapir avyaya: |  
svastida: svasti krut svasti svasti bhuk svasti dakshiNa: || 96

aroudra: kuNDalee chakree vikramyoorjita shaasana: |  
shabdaatiga: shabdasaha: shishira sharvaree kara: || 97

akroora: peshalo daksho dakshiNa: kshamiNaam vara: |  
vidvattamo veetabhaya: puNya shravaNa keertana: || 98

uttaaraNo dushkrutihaa puNyo du:svapna naashana: |  
veerahaa rakshaNa: santo jeevana: paryavasthita: || 99

ananta roopo~nanta shreer jita manyur bhayaapaha: |  
chaturashro gabheeraatmaa vidisho vyaadisho disha: || 100

anaadir bhoorbhuvo lakshmee: suveero ruchiraangadah |  
janano janajanmaadir bheemo bheema paraakrama: || 101

aadhaara nilayo~dhaataa pushpahaasa: prajaagara: |  
oordhvaga: satpathaachaara: praaNada: praNava: paNa:  
|| 102

pramaaNam praaNa nilaya: praaNa bhrut praaNa jeevana: |  
tattvam tattva videk aatmaa janma mrutyu jaraatiga: || 103

bhoorbhuva: svastarustaara: savitaa prapitaamaha: |  
yagyo yagyapatir yajvaa yagyaango yagya vaahana: || 104

yagyabhrud yagyakrud yagyee yagyabhug yagyaasaadhana: |  
yagyaanta krud yagya guhya manna mannaada eva cha  
|| 105

aatmayoni: svayam jaato vaikhaana saama gaayana: |  
devakee nandana: srashTaa kshiteesha: papa naashana:  
|| 106

shankha bhrunnandakee chakree shaangardhanvaa  
gadaadhara: |  
rathaanga paaNi rakshobhya: sarva praharaNaayudha:  
|| 107

sarva praharaNaayudha om nama: iti

vanamaalee gadee shaangee shannkhee chakree cha  
nandakee |  
shreemaan naaraayaNo vishNur vaasudevo abhirakshatu  
|| 108

shree vaasudevo abhirakshatu om namo iti

iteedam keertaneeyasya keshavasya mahaatmana: |  
naamnaam sahasram divyaanaam ashesheNa prakeertitam  
| 1



ya idam shruNuyaan nityam yashchaapi parikeertayet |  
naashubham praapnuyaat kinchitso~mutreha cha maanava:  
|| 2

vedaantago braahmaNa:syaat kshatriyo vijayee bhavet |  
vaishyo dhanasamruddha:syaa cChoodra: sukham  
avaapnuyaat || 3

dharmaathee praapnuyaad dharmam artharthee  
chaarthamaapnuyaat |  
kaamaana vaapnuyaat kaamee prajaarthee chaapnuyaat  
prajaam || 4

bhaktimaan ya: sadotthaaya shuchi stadgata maanasa: |  
sahasram vaasudevasya naamnaam etat prakeertayet || 5

yasha: praapnoti vipulam gnyaati praadhaanyam evacha |  
achalaam shriyam aapnoti shreya: praapnotyan uttamam || 6

na bhayam kvachidaapnoti veeryam tejashcha vindati |  
bhavatyarogo dyutimaan bala roopa guNaanvita: || 7

rogaarto muchyate rogaat baddho muchyeta bandhanaat |  
bhayaan muchyeta bheetastu muchyetaapanna aapada: || 8

durgaaNya titaratyaashu purusha: purushottamam |  
stuvan naama sahasreNa nityam bhakti samanvita: || 9

vaasudevaashrayo martyo vaasudeva paraayaNa: |  
sarva paapa vishuddhaatmaa yaati brahma sanaatanam  
|| 10

na vaasudeva bhaktaanaam ashubham vidyate kvachit |  
janma mrutyu jaraa vyaadhi bhayam naivopajaayate || 11

imam stavamadheeyaana: shraddhaa bhakti samanvita: |  
yujyetaatma sukhakshaanti: shreedhruti smruti keertibhi: |  
|| 12

na krodho na cha maatsaryam na lobho naashubhaamati: |  
bhavanti kruta puNyaanaam bhaktaanaam purushottame |  
|| 13

dyou: sa chandraarka nakshatraa kham disho bhoor  
mahodadhi: |  
vaasudevasya veeryeNa vidhrutaani mahaatmana: || 14

sa suraasura gandharvam sa yakshoragaraakshasam  
jagadvashe vartatedam krushNasya sacharaacharam || 15

indriyaaNi mano buddhi: sattvam tejo balam dhruti: |  
vaasudevaatmakaanyaahu: kshetram kshetragnya eva cha |  
|| 16

sarvaagamaanaamaachaara: prathamam parikalpate |  
aachaara prabhavo dharmo dharmasya prabhur achyuta: |  
|| 17

rushaya: pitaro devaa mahaa bhootaani dhaatava: |  
jangamaa-jangamam chedam jagan naaraayaNodbhavam |  
|| 18

yogo gyaanam tathaa saankhyam vidyaa: shilpaadi karma  
cha |  
vedaa: shaastraani vigyaanam etat sarvam janaardanaat |  
|| 19

eko vishNur mahadbhootam pruthag bhootaanyanekasha: |  
treenllokaan vyaapya bhootaatmaa bhunkte vishva  
bhuvavyaya: || 20

imam stavam bhagavato vishNor vyaasena keertimam |  
paThedya icChet purusha: shreya: praaptum sukhaani cha  
|| 21

vishveshvaram ajam devam jagata: prabhum avyayam |  
bhajanti ye pushkaraaksham na te yaanti paraabhavam || 22

na te yaanti paraabhavam om nama iti |

### **arjuna uvaacha**

padmapatra vishaalaaksha padmanaabha surottama |  
bhaktaanaam anuraktaanaam traataa bhava janaardana  
|| 23

### **shree bhagavaana uvaacha**

yo maam naama sahasreNa stotum ichChatu paaNDava |  
soha~mekena shlokena stuta eva na samshaya: || 24

stuta eva na samshaya oum nama iti

### **vyaasa uvaacha**

vaasanaad vaasudevasya vaasitam bhuvanatravam |  
sarva bhoota nivaaso~si vaasudeva namo~stute || 25

vaasudeva namostuta om nama iti

### **paarvatyuvaacha**

kenopaayena laghunaa vishNor naama sahasrakam |  
paThyate paNDitair nityam shrotum ichChaamyaham prabho  
|| 26

### **eeshvara uvaacha**

shree raama raama raameti rame raame manorame  
sahasra naama tattulyam raama naama varaanane || 27

raama naama varaanana oum nama iti

### **brahma uvaacha**

namo~stvanantaaya sahasramoortaye  
sahasrapaadaa kshishirorubaahuve |  
sahasranaamne purushaaya shaashvate  
sahasrakoTee yugadhaariNe nama: || 28

sahasrakoTee yugadhaariNe nama: om nama iti

### **sanjaya uvaacha**

yatra yogeshvara: krushNo yatra paartho dhanurdhara: |  
tatra shreervijayo bhootirdhruvaa neetirmatirmama || 29

### **shree bhagavaana uvaacha**

ananyaashchintayanto maam ye janaa: paryupaasate |  
teshaam nityaabhiyuktaanaam yogakshemam  
vahaamyaham || 30

paritraaNaaya saadhoonaam vinaashaaya cha dushkrutaam  
|  
dharma samsthaapanaarthaaya sambhavaami yuge yuge  
|| 31

aartaa: vishaNNaa: shithilaashchabheetaa:  
ghoreshu cha vyaadhishu vartamaanaa: |  
sankeertya naaraayaNa shabda maatram  
vimukta du:khaa: sukhino bhavantu || 32

kaayena vaachaa manasendriyairvaa  
buddhyaatmanaavaa prakrute svabhaavaat |  
karomi yadyata sakalam parasmai  
naaraayaNaayeti samarpayaami ||

~~~~~

*yadakshara padabhrashTam maatraa heenam cha  
yadbhavEt  
tat sarvam kshamyataam devaa naaraayaNa namostu te*

*iti shree mahaabhaarate shata sahasrikaayaam  
samhitaayaam vaiyaasikyaam anushaasanika parvaNi  
mokshadharme bheeshma yudhishThira samvaade shree  
vishNu sahasranaama stotram sampoorNam ||*